



## Healthy Washington – Roadmap to Recovery

### Safety Guidelines

- We've added GPS Needlepoint Bipolar ionization to our high-traffic area HVAC units. These air scrubbers work as added filtration and reduce air pollutants and viruses including H1N1 family of viruses (up to 99.4%). Additionally, we've added AirPHX units throughout our facilities which are rated air and surface killers of Coronavirus, mRSA, norovirus, E Coli, and more.
- We've spaced out our workout equipment and added capacity limits to all rooms, allowing for a state-required 500 square feet of space for each member for the initial phase of the Roadmap to Recovery.
- We've increased daily scheduled cleaning of all equipment and all touch points throughout the Clubs.
- We've added additional detail and scope for our nightly cleaning crews.
- You'll see touchless hand sanitizers and additional cleaning options throughout the Club.
- Our pools continue to use UV light along with existing water purification systems to assure the best sanitation.
- Our facilities have been and will continue to be deep cleaned, including carpets, flooring and other areas of the Clubs.
- You'll see additional signage, floor markers and communications throughout the Clubs.
- Additional cleaning and PPE equipment will be stocked in all facilities for staff use.
- Equipment wipes, hand soap, and cleaning supplies are all treated with antibacterial and antiviral properties.

### **Please plan for the following on your first visit back to the Club.**

<b>Masks</b>	<ul style="list-style-type: none"><li>• Masks are required in all areas of the Club, even while exercising or playing tennis (where applicable).</li></ul>
<b>What to bring</b>	<ul style="list-style-type: none"><li>• Please have your membership card or Phone App for touch-free check in upon arrival.</li><li>• Pack your water as our drinking fountains will not be available. Water stations are for bottle filling only. However, we will still have water and prepackaged items available for sale at the front desk.</li><li>• Bring your own towel. We are unable to provide towel service at this time.</li></ul>
<b>Come prepared to workout</b>	<ul style="list-style-type: none"><li>• Our locker rooms are available for hand washing, restroom usage and to change or shower after swimming.</li></ul>
<b>Book your reservation</b>	<ul style="list-style-type: none"><li>• Reservations are required for ALL products, services, and general workouts at this time.</li></ul>

**PLEASE STAY HOME IF YOU ARE UNWELL.**

## **Operation Guidelines**

### **Currently not available\*:**

- Kids Clubs
- Dry Saunas
- Steam rooms
- Towel service
- Basketball game/pickup/competitive play
- Showers are available for swimmers only.
- Coffee/Smoothie bar

\*Amenities are subject to change based on usage and updates on guidance from the state.

### **Current Club Hours:**

#### **Juanita Bay:**

Monday – Friday: 5am – 9pm

Saturday: 6am – 8pm

Sunday: 8am – 8pm

#### **Pine Lake:**

Monday – Thursday: 5am – 9pm

Friday: 5am – 8pm

Saturday/Sunday: 7am – 7pm

#### **Silver Lake:**

Monday – Friday: 5am – 10pm

Saturday/Sunday: 7am – 8:30pm

\*Hours are subject to change based on usage and updates on guidance from the state.

## **Membership**

- Phase 1 will be an opt-in dues scenario. If you wish to stay on freeze no further action is required at this time.
- During Phase 1, you will need to have an active membership to access the Club and to enroll in any classes or Club programming.
- For all other account changes please contact your Clubs membership dept.

#### **Juanita Bay – Brenda Kauffman**

brendak@columbiaathletic.com

425.821.0882

#### **Silver Lake – Dot Chase**

dotc@columbiaathletic.com

425.745.1617

#### **Pine Lake – Brenda Henke**

brendah@columbiaathletic.com

425.313.0123

## **Fitness**

- Usage of the free weight, circuit and cardio equipment when unsupervised will have posted capacity limits in each space.
- Additional cleaning and sanitizing supplies will be available for member use.
- If a space is at capacity, members will need to find another area of the Club to use or wait for space to become available.

## **Aquatics**

- Lap lanes are available throughout the day for individual Lap swim. When uncoached, the limit is 2 per lane. See facility schedules for days and times available. Reserve online or at the front desk.
- Youth and adult private swim lessons are available with some limitations. Group lessons may be available, please contact your Club for more details.
- Swim Team may be available, please contact your Club for more details. Pre-registration required.
- Teaching/Family pools will be available for family swim reservations throughout the day. During this time a Family may reserve all or part of the family pool for their own use for up to 1 hour. See facility schedules for days and times available. Reserve online or at the front desk.

## **Group Exercise/Small Group Training**

Aquatics based Group Exercise classes are available. Some Small Group Training or Group Exercise classes may also be available. Call your Club for more details.

## **Massage (Pine Lake only)**

Massage bookings are available. Contact the Club to book a massage.

## **Kids Club**

Kids Club is not available at this time per state guidance. We are working diligently to provide families a safe option that would be allowed per the state.

## **Youth Programming**

Limited youth programs are available at this time. Please contact your Club for more information.

## **Tennis (Pine Lake and Silver Lake only)**

- Tennis courts are open for singles and doubles play.
- Private and small group lessons are also available for booking. Junior programming is available, please contact your club for more information.
- ACE booking system is active with standard court reservation policies in place. (Court times TBD)

## **Basketball**

No team/game play will be available for basketball at this time. To adhere to capacity requirements, individual baskets may be available for reservation. Please contact your Club for details.

## **Squash (Juanita Bay only)**

A few courts have been converted into additional workout areas for social distancing purposes. However, single player or family unit play is available on Court 1. Call the Front Desk to book, or drop in options are available most days and times.